



# **Starport Ultimate Rules**

## **Code of Conduct**

Starport Fitness is officially part of the NASA - Johnson Space Center. The Gilruth Center is located on federal property and is considered a federal facility. All rules, regulations and policies of a federal facility apply to the Gilruth Center facility, indoor and outdoor. ALL PLAYERS MUST ABIDE BY THE GILRUTH CODE OF CONDUCT AT ALL TIMES. Unless otherwise stated in these rules and the Gilruth Code of Conduct, the league rules shall be the official rules of ultimate.

## **General**

Games will be played under the [USA Ultimates' 11th Edition Rules](#) and the following Starport specific rules.

## **Players**

### **Roster Requirements**

All players must be listed on their team's official roster on IMleagues.com. A player not on the IMLeagues roster must fill out a One-Time-Play Waiver. Upon completion of the game, that player must register on the team's IMLeagues official roster to be able to play in any additional games.

Roster size is limited to 18 players per team. Teams may add players to the roster up to the last two remaining games of the season.

Male players are not allowed to be on multiple rosters of any team. Female players may be on a maximum of two different rosters.

If a player's identity is in question, a protest must be filed to the Sports and Recreation Director within 24 hours of the game in question. The player in question must provide proper identification to the Director at that time. Failure to provide proper identification may result in a forfeit of that game.

### **Fill In Player**

All teams are encouraged to use the free agent list for substitute players. This list is updated on a weekly basis of eligible players. If a player is added to the roster from this list please update this info to the Gilruth Center so that player can be removed from the list.

If at any time a team is unable to start a game or complete a season due to Govt. schedule conflicts, employee job transfer, injuries or emergencies, teams may be allow to add players to the roster or use temporary "fill ins". Permission to add a player or temporary "fill in" must be under the following conditions and ruling:

- Teams in need of players do not have enough male or female gender to participate.
- The opposing team agrees to allow the pick-up player.
- The Sports and Recreation Director is notified of the pick-up player and agreement.

A player MUST play in at least two regular season games for one particular team to be considered on that team's roster and eligible for play-offs with that team. Players cannot be added to rosters at end of season and Playoffs.

## **Team Composition**

A minimum of five (5) players must be present at game time to start and continue the game. At least (2) of these players must be female.

### **Player Makeup**

- Seven (7) field players (3 female and 4 male)\*
- Cannot have greater than 6 male field players
- May have more than 3 female field player

*\* If both teams are short on females, they may agree to a 5-2 or 6-1 format as oppose to the 4-3 format. Both captains must agree to this format OR offense dictating prior to the start of the game.*

## **Game Length** Games will be the first to 11 points or 60 minutes long.

Due to inclement weather conditions, after the pull following the 5th point, the game shall be considered official.

There will be no halftime.

Each team will receive 2 timeouts.

At the end of regulation (60 minutes), if the score is tied, the game will have a "universe point," or a sudden-death point. The team that scores this point shall win the game.

The teams will decide who starts with the disc and field sides via flipping the disc and calling either heads or tail.

## **Scoring**

A point **THROWN** by a male player is worth one point. A point **THROWN** by a female player will be worth two points. The gender of the receiver in the end zone does not matter, only the thrower.

## **Playoffs**

ONLY players on that team's official roster registered with the Gilruth and that have played in at least two (2) regular season games will be allowed to participate in Playoffs.

**Playoff games will be the first to 13 points or 75 minutes long.**

At the end of regulation (75 minutes), if the score is tied, the game will have a "universe point," or a sudden-death point. The team that scores this point shall win the game.

## **Protests**

**A PROTESTED GAME** consists of a difference in opinion on the field between the protesting team and the opposing team or interpretation of either Official Printed Playing Rules, or Specially Adopted Rules.

Allowable protests should be first lodged by the team captain to the Sports and Rec Director within 24 hours of the game. The Director will then view the protest and the rule on the decision.

## **Score Submission**

All scores will be submitted online using IMLeagues: [www.IMLeagues.com/NASA-Starport](http://www.IMLeagues.com/NASA-Starport)

The team captain (or his/her designee) of the home team is responsible for submitting the score of the game within 48 hours of the end of the game.

It is the home team's responsibility to submit this score. If the home team does not submit the score within the allotted amount of time, the home team will receive a warning and reminder. If the home team does not submit the score within the 48 hours again, the home team will receive a loss for that game.

In the event of an ACCIDENTAL incorrectly stated score, both teams will be contacted to ensure proper scores have been reported.

If one team is found to INTENTIONALLY submit incorrect scores, that team will be awarded a loss for the game in question AND a forfeit for their next scheduled game.

# Playing the Game in 10 Simple Rules

1. **The Field** - A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep. The starport field may be slightly smaller than regulation.



2. **Initiate Play** - Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. **\*\*Scoring** - Each time the offense completes a pass in the defense's endzone, the offense scores. Play is initiated after each score.
4. **Movement of the Disc** - The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of possession** - When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. **Substitutions** - Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact** - No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **Fouls** - When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Refereeing** - Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Spirit of the Game** - Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Starport Ultimate Frisbee League Conduct Policy will follow rules provided by Code of Conduct.

[Gilruth Code of Conduct](#)

## **Gilruth Alcohol Policy**

- Recognizing that moderate consumption of alcohol can add to the enjoyment of adult social events and celebrations at the Gilruth Center, we must ensure a safe and enjoyable environment for employees, family members and guests. Alcohol consumption must be responsible. Alcohol at the Gilruth is only authorized through the sale of beer and wine by the Starport Texas Alcoholic Beverage Commission (TABC) licensed operator with exclusion for Starport League Sports.
- For League Sports, in order to support a family environment at the Gilruth, league players' behavior must meet the following requirements:
  - All rules established by the Gilruth Code of Conduct and league rules including
    - No abusive language or disorderly conduct.
    - Alcohol in designated areas only.
    - Beer only.
    - No glass containers.
    - Tournaments must use Starport's TABC licensed operator.
- Consumption must be responsible and moderate
- By law, no minors (Texas legal age 21) may be provided alcohol
- League officials have the responsibility and authority to enforce this policy at the field with support from team captains, JSC Security, and Starport and Center Management. Reports will be provided regularly to the Center Director. Any reports of excessive or irresponsible use of alcohol, disorderly behavior, the use of derogatory or profane language, or other violations of these mandates will result in immediate termination of this privilege. Player enrollment indicated agreement to accept the responsibility and abide by this policy.
- This policy was established to enhance employee enjoyment and camaraderie in group gatherings. Individual consumers must be mindful of the rights and safety of others and are personally responsible for excessive or irresponsible use of alcohol. Abuses will not be tolerated and may affect the privileges of everyone attending or participating in the event.

## **Miscellaneous**

- NO SMOKING IN OR WITHIN 10 FEET OF THE DUGOUTS
- NO PETS ALLOWED ON GILRUTH FACILITY
- NO CHILDREN UNDER AGE OF 16 IN DUGOUT
- NO ALCOHOL IN DUGOUT

## **GLASS BOTTLES AND CONTAINERS**

No glass bottles/containers are allowed near the playing fields! Even if you are pouring it into a cup. Any team found in possession of glass containers **WILL FORFEIT** the game automatically. **THIS IS YOUR WARNING!** No other warnings will be issued. **NO EXCEPTIONS!** If it is prior to your game, you will forfeit your game. If it is after your game, you will forfeit your next game. It doesn't matter if it is just one person on your team and the rest have gone home.